



# Early Career Psychiatrists Section

## World Psychiatric Association

Section Newsletter

First Publication 2020

### *Message from Section Chair*

Dear colleagues and friends,

Happy New Year!

We ended 2019 with the 3<sup>rd</sup> Early Career Psychiatrists Congress kindly hosted by our colleagues in Tunisia, Jeunes Psy. This was a unique opportunity to gather early career psychiatrists from across the world in a welcoming and friendly environment in Hammamet.

We started the year publishing an overview about “Early Career Psychiatrists – history, 2020 and beyond!”. We invite you to read our article here: <https://doi.org/10.1002/wps.20712>

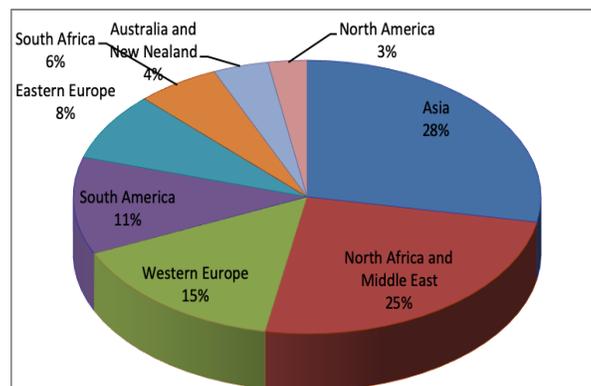
We are looking forward to the WPA Congress in Thailand and are already preparing for it. There are fellowships to provide financial support for early career psychiatrists for travel and accommodation. We are excited that this will be another inspiring event and a unique opportunity for early career psychiatrists to meet together. There will be several scientific and social activities for early career psychiatrists. We encourage all of you to apply to these great opportunities! You can find more information the Congress website:

[wcp-congress.com/](http://wcp-congress.com/)

All Best wishes,  
Mariana Pinto da Costa

### *Section Update*

The ECP Section has already 261 members! Since our last newsletter, we have acquired new colleagues! Welcome Tejil Morar (South Africa), Michele Cherro (Lebanon), Gina Anindyajati (Indonesia), Luisa Butler (Australia), Sachin Nagendrappa (India), Muftau Mohammed (Nigeria) and Bruno Lodi (Brazil).





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*North Africa And Middle East*

### **A SHORT REPORT FROM THE 15TH INTERNATIONAL CONGRESS ON PSYCHIATRY IN CAIRO, EGYPT**

Dr. Fairouz Tawfik (Ain Shams University, Cairo, Egypt) and Dr. Irena Rojnić Palavra (Psychiatric Hospital Sveti Ivan, Zagreb, Croatia)

The 15th International Congress on Psychiatry in Cairo, Egypt which was held from the 17<sup>th</sup> of September to the 19<sup>th</sup> of September 2019 and granted the fellowships awards to eight of the Early career Psychiatrists members “Deepika Singh, Rashmi Shukla, Darpan Kaur Mohinder, Seikhoo Bishnoi, Sundar Gnanvel all from India, mohammed Muftau from Nigeria, Suresh Thapaliya From Nepal and Samer El-Hayek from Lebanon”.

**Picture 1: WPE ECP Section Activity chairs. From the left to the right: Dr. Irena Rojnić Palavra, Prof. Afzal Javed and Dr. Fairouz Tawfik**



The WPA ECPs section had a successful activity – “Research Updates by Future Psychiatrists”, which was chaired by Prof. Afzal Javed (president elect of the WPA), Dr. Fairouz Tawfik (co-chair of the WPA ECP section) and Dr. Irena Rojnić Palavra (board member of the WPA ECP section).

Firstly Dr. Fairouz Tawfik presented the research “Relationship between oxytocin level and major depressive disorder”, next Dr. Deepika Abtainath Singh gave her talk entitled “Moving beyond the surface: A comparative study of conversion disorders,” and finally Dr. Seikho Bishnoi spoke about “Social stigma in patients of depression and somatization in North India”. We were honored by the Presence of Dr. Hussein Elkholy, the first chair and the founder of the WPA ECP section, as he always encourages and supports the Early Career Psychiatrists together with around 20 attendees in the audience, from various countries.

It was nice to hear experiences and meet colleagues from all over the world, and to see that after all, we are more alike than different.

Having Prof. Afzal Javed, the WPA president elect, with us was a great pleasure and honor. His words of support to early career psychiatrists from all over the world were very comforting.

Encouraging more ECPs to join the WPA ECP section and recommending more ECPs actively participating in international activities like this one, to internationally share their research and innovative ideas.



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Picture 2: Opening of the 15th International Congress on Psychiatry, Cairo, Egypt.

Picture 3. From the left to the right Dr. Deepika Singh, Dr. Fairouz Tawfik, Prof. Afzal Javed, Dr. Irena Rojnić Palavra, Dr. Rashmi Shukla, Dr. Samer ElHayek, Dr. Hussein El-Kholy and Dr Seikoo Bishnoi.

This Egyptian adventure was enriching in so many ways: professionally, culturally, personally... The congress was well organized, the program was very comprehensive, and the hosts was simply amazing.

Here is the link for accessing the presentations given through the whole conference [www.asuip.net](http://www.asuip.net)

With compliments for a great event and wishes for this successful story to go on.

## CREATION OF ELECTROSTIMULATION UNIT IN RAZI MENTAL HEALTH HOSPITAL : ACTIVITY REPORT AND FUTURE PERSPECTIVES

By Hejer Ben Mansour, Wafa Abdelghaffar. Amine Larnaout, Rania Lansari, Wahid Melki. University Tunis El Manar, Razi Mental Health Hospital.

For several years, there was no Electro-Convulsive Therapy (ECT) unit in any public hospital in Tunis capital. The nearest one was in Monastir city at nearly 200km from Tunis. Thus, poor people could not afford to have ECT treatment and were forced to consult at private clinics if necessary. Three years ago, thanks to the efforts of young psychiatrists and anaesthetists, a modern ECT unit was created in Razi Mental Health Hospital. It contains modern anaesthesia and intensive care equipment and a staff of psychiatrists, anaesthesia qualified technicians and anaesthetic physicians.

So far, 93 patients (73% male and 27% female) have benefited from this unit. The most prevalent diagnosis was treatment resistant



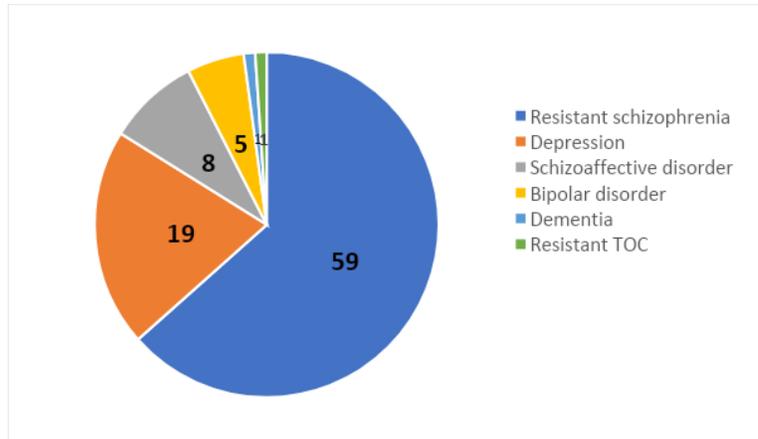


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schizophrenia (n=54). Patients' diagnoses are detailed in figure 1 in this graphic.

Patients went through an average of 15 sessions with a range from 1 to 36. Most patients did not suffer from cognitive impairment. The most used anaesthetic drug was etomidate with use of propofol in some patients who did not respond to etomidate. The stimulation threshold was usually determined using the « titration method ». Energy delivered to patients ranged from 5 to 100 %.



Some patients stopped the therapy

without giving any. All patients who finished their therapy had clinical complete or partial remission.

In conclusion, Electrostimulation Unit in public hospital was a dream come true for psychiatric patients and young doctors. Results of the activity reports are encouraging with good outcomes and no severe side effects. Future perspectives: this unit is intended to expand and include transcranial magnetic stimulation.

### Eastern Europe

#### Internet and Video Games Addiction Day Hospital at Psychiatric Hospital Sveti Ivan, Zagreb, Croatia

Rojnic Palavra Irena, Krcelic Renata, Rakic Ana, Hübler Jadranka, Vutmej Kristina, Matic Henrik, Bodor Davor

In 2018, the World Health Organization included Gaming Disorder in the 11th Revision of the International Classification of Diseases, which was officially adopted in 2019. In other words, gaming disorder is for the first time officially recognized as a disease and classified in the addiction spectrum. The aforementioned diagnosis, therefore, refers only to the pathological playing of video games, and not to the internet as such.

To diagnose this disorder, three criteria should be met:

- loss of control over playing video games
- playing video games becoming a priority over other activities to the level that it becomes more important than other interests and daily commitments and
- continuing or exacerbating the behavior associated with playing video games despite the adverse consequences.



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This kind of behavior must be serious enough to result in personal, family, social, educational, working or other forms of impairment in a period of at least 12 months.

The Internet and Video Games Addiction Day Hospital was officially opened at Psychiatric Hospital Sveti Ivan, Zagreb, in 2017, with program intensification in 2019. Our day hospital is open to anyone who needs help and

support in dealing with this addiction.

After the initial interview, a person with gaming disorder is in most of the cases involved in the day hospital group program. The group consists of up to ten members (more if needed). The duration of the program is individualized, usually several months. After the discharge from the day hospital, the follow-up includes regular once-a-week family therapy and individual checkups.

Day hospital activities include group therapy, relaxation techniques (progressive muscle relaxation), socio-therapeutic activities (excursions, sports activities, creative workshops, films), therapeutic community activities, family therapy, psychoeducation (including life skills training, cognitive-behavioral therapy, help in structuring leisure time etc.), individual counselling with the therapist, pharmacological support as needed, routine laboratory examinations, program evaluation activities and others if needed.

The expert team working in the day hospital includes psychiatrists, nursing bachelors, social pedagogues, psychologists and work therapists. So far experiences have been positive, from both sides (patients and experts), but as the field is very new and developing, a lot is still to be done and learned.





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### **3<sup>RD</sup> EARLY CAREER PSYCHIATRISTS WORLD CONGRESS IN TUNISIA**

Now that the dust has settled from the 3<sup>rd</sup> Early Career Psychiatrists (ECP) World Congress that took place last December in Hammamet, Tunisia, and that everyone is back to life as usual, we had time to process our highlights from this amazing event.



International and national key lecturers shaping the Mental Health field were present and ready to engage in inspiring presentations and conversations about the direction and challenges of the field, among whom we can proudly cite Pr. Helen Hermann, Pr. Norman Sartorius, Pr. Afzal Javed, Pr. Joseph Ventura, Pr. Lucia Valmaggia, Pr. Idris

Moussaoui, Pr Oussama El Kebir, Pr Jim Van Os, Dr. Davor Mucic and many other internationally and nationally known speakers. We can only be grateful to them for their unconditional support and valuable input.

The 3<sup>rd</sup> ECP meeting focused on innovative topics and futuristic matters trying to answer the main Congress' Theme's question "What will the future bring?". Among refreshing and encouraging presentations, we can easily recall Pr. Sartorius's talk about "the future so-not-usual tasks of psychiatrists" stressing our needed commitment towards primary prevention, reducing the stigma of mental illness, providing care for people with comorbid disorders, reforming training in



**Picture 7: ECP Super Fellows and Fellows**



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psychiatry and, above all, acquiring the needed leadership and professional skills to shape the future of mental health. Other attractive sessions and workshops focused on e-mental health and virtual reality, epigenetics, cognitive training, different kinds of psychotherapies, etc. Furthermore, a very engaging session in the format of a Digital Interactive Quiz was held by Dr.Sami Ouanes facilitating active learning through the creation of a dynamic environment where participants were actively engaged in solving problems /questions in groups.

Early career psychiatrists from different regions of the globe came back simultaneously energized and exhausted, charged with ideas and inspiration, from attending tons of sessions, networking, and oral presentations sessions, where attendees had a chance to present their latest achievements and interact in an enriching way with their peers and seniors.

Hopefully, if you were one of the lucky participants and you still have post- ECP congress blues, you still get a chance to see your new friends and inspiring professors next October at the WPA Congress in Bangkok, Thailand.



**Picture 8: ECP board members: Paul Fung, Mariana Pinto da Costa**



**WORLD  
PSYCHIATRIC  
ASSOCIATION**



**20<sup>TH</sup> WPA WORLD  
CONGRESS OF PSYCHIATRY  
BANGKOK, 14-17 OCTOBER, 2020**

**Apply for a Fellowship. Deadline: 6 April 2020**

***Want to submit an article***

***Email the editor: [wpa.ecp.section@gmail.com](mailto:wpa.ecp.section@gmail.com)***